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# Halifax metro



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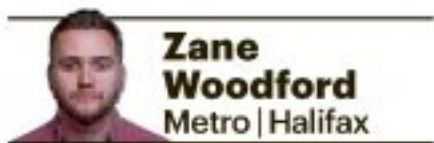
Nova Scotia  Votes

# WHY YOUR VOTE SHOULD BE THE LAW

Tristan Cleveland argues we may not like what we're hearing on the campaign trail, but voting is the only way to make our voices heard — and it should be mandatory

**metroNEWS**

## Council to debate pay-raise formula



**Zane Woodford**  
Metro | Halifax

A new proposed formula for calculating council pay would've meant a smaller raise for Halifax regional councillors last year.

The new formula, coming in a

report to regional council on Tuesday, recommends using Statistics Canada's Nova Scotia Average Industrial Weekly (AIW) earnings from September to September to calculate council remuneration. It's the second formula recommended in little over a year, after the previous council voted down a recommendation from an in-

dependent committee.

"I think this iteration is a better reflection of our local economy and the people we serve, and we should have an interesting debate on Tuesday about that," deputy mayor Steve Craig said in an interview. Craig has spearheaded the effort to change the formula, and brought the issue

back to council last year.

The current formula takes a weighted average of the salaries in Halifax and seven Canadian municipalities, and adds 50 per cent of the difference between the highest salary in those municipalities and the average.

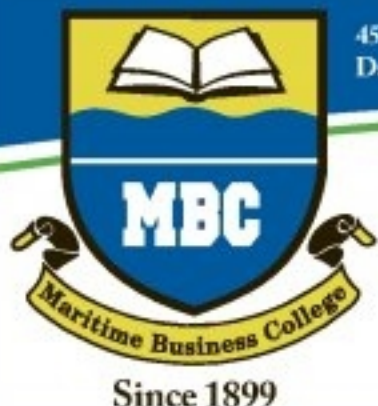
That formula gave councillors a 3.38 per cent raise earlier this

year, retroactive to Nov. 1, 2016. It resulted in a lower number for the mayor, so his salary stayed the same.

In September 2016, Statistics Canada reported a 1.8 per cent increase year over year in Nova Scotia's AIW, meaning councillors and the mayor would've received a 1.8 per cent raise.

If the AIW number was down, council pay would stay the same.

The staff report coming to council Tuesday compares Statistics Canada's AIW to the more commonly known Consumer Price Index (CPI), and says staff picked the AIW because it's "more closely linked to how wages are changing in the local market."



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# 'Learn from each other'

### VOLUNTEER

## Mahbubur Rahman gives his time and then some



**Yvette d'Entremont**  
Metro | Halifax

If there's an event happening in Halifax that needs volunteers, chances are Mahbubur Rahman is involved.

Rahman moved to Halifax from Bangladesh three years ago to pursue a masters degree at Dalhousie University.

Almost immediately, he threw himself into student life and then helping the broader community.

He served as vice-president of Dalhousie University's student union, its international student association, the association of graduate students, the university's engineering graduate society and also as president of the Bangladesh student society.

He's been president of the Halifax Student Housing Society, co-chair of Inglis Street Elementary Parent Teacher Association and has served — and still serves — on numerous boards and committees.

Rahman also steps up to volunteer at local weekend events. He most recently helped out with the Blue Nose Marathon.



**In the end when you do something that's benefiting another human being you can't describe how that feels.**

Mahbubur Rahman

**Mahbubur Rahman encourages everyone to find something they enjoy and to devote even just two hours a week volunteering.**

NICK HUBLEY/FOR METRO

"Whenever there is a chance to do something and I'm free, I'm there. Sometimes I have to choose what to do if there are two or three things happening at the same time," he laughed.

"The main motivation for me after doing a nine-to-five

work day and then going to meetings for a few hours or to an event on the weekend? I just really enjoy doing this."

Rahman's community involvement earned him both HRM and provincial volunteer awards this year. In 2015 he

received the Dalhousie Board of Governor Award and the Dalhousie International Spirit of the Year Award.

Although he started working full time last year and has two young children, giving back remains a commitment.

Rahman said volunteering has helped his family better integrate into the community. They hope to become permanent residents soon.

"Because we have so much diversity in our community, we need to learn from each

### NOMINATE

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or tweet @metrohalifax using the hashtag #HalifaxHeroes

other, we need to be involved," Rahman said.

"My kids being with me and seeing what I'm doing has made their integration into the Halifax environment and into Nova Scotia much easier. This is a wonderful place with wonderful people and we are happy."

Rahman said he encourages everyone to find something they enjoy and to devote even just two hours a week volunteering.

"You should do it for the right reasons. In the end when you do something that's benefiting another human being you can't describe how that feels," he said. "I think deep in our hearts we should all feel great that what I am doing is not for money or for anything else. It is helping another human being.... We should do what we're doing with an open heart and we should enjoy it."



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# Making a case for mandatory voting

## OPINION

### Young people could be heard if they had to cast their votes



**Tristan Cleveland**  
For Metro | Halifax

Every Nova Scotian should be required to vote, because otherwise, politicians prioritize those who do, like the elderly, over those who don't, like youth.

Just consider this Progressive Conservative promise: "We will offer free fishing licences to seniors."

Their platform has only 26 fully costed commitments and that's one of them, a \$27 discount off a hobby. Maybe if 75 per cent of youth voted last election, like seniors did, we would get free pizza. But since only 26 per cent of us voted, we'll have to use our own money.

Given those numbers, it's no surprise every party has allowed tuition to rise unsustainably for decades. It's no surprise the Liberals even let universities increase tuition without limits for a year. Nor that they axed a \$49.5-million tax incentive to keep graduates in Nova Scotia, replacing it with less than \$10 million in new funding.

Compare that to when the Liberals proposed to make seniors pay for a larger proportion of drugs under pharmacare. Not only did they drop the proposal once



**Mandatory voting erases gaps in age, income and education.**  
THE CANADIAN PRESS

seniors got angry, they spent \$17,000 sending out letters to apologize for daring to think about it.

Keeping more youth in Nova Scotia may be a question of our economic survival, but as long as youth don't vote, our political system is systematically biased against making any difficult decision on their behalf. Politicians only have so much time, resources and budget to go around, so it's hard to avoid that folks who decide whether they have a job in four years will get a bigger slice.

Neighbourhoods that vote get knocks on the door. Groups that vote get budget. And it's not just youth who face this problem. Low-income renters without higher education vote less than high-income homeowners who have degrees.

These disparities warp our political culture and risk leaving low-income people increasingly marginalized and frustrated. The people who most need to vote to ensure our biggest socio-economic

problems get prioritized aren't voting. That hurts all of us.

The fix for this problem is remarkably simple: Just make voting mandatory.

It's less draconian than it sounds. In Australia, the punishment for not showing up on election day is just a \$20 fine, and yet that's enough to nudge 94 per cent of voters into showing up.

Research by the Political Studies Association shows it works. Mandatory voting erases the gaps between age, income and education.

Once there, people are free to submit a blank ballot if they don't like the parties. Having to wait in line once every few years is a small price to pay for a democracy in which everyone's priorities count.

If you're a young, poor renter and you feel frustrated politicians don't take action on what matters to you, don't just throw up your hands. Demand mandatory voting, so that your voice will matter just as much as everybody's.

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# NDP to support commuter rail in Halifax

## TRANSPORTATION

### Party promises millions to new transit system



**Philip Croucher**  
Metro | Halifax

The NDP says it's getting on board the idea of commuter

rail for the Halifax Regional Municipality.

Metro Halifax has learned that party leader Gary Burrill will make the announcement to regional council Tuesday morning, outlining his support for the much-discussed transportation idea if he was to be elected premier.

"Bringing a commuter rail to the Halifax area will not only make the city more accessible,

it will take cars off the road, reduce traffic congestion and reduce our carbon footprint," Burrill says in a statement that will be released to media after speaking to council on Tuesday.

If elected, the NDP says it will commit to partnering with HRM on commuter rail, and give \$5 million annually to the operating costs.

The party says it would also work with HRM on securing

federal money.

The NDP is also proposing \$12 million annually to sustainable transportation in Halifax, and smaller centres.

Last August, council voted unanimously in favour of directing staff to begin negotiations with Via Rail for a commuter rail service between Windsor Junction and downtown Halifax.

Those talks are continuing with no deal struck.

Council staff have been tasked with negotiating with Via Rail for a commuter rail service between Windsor Junction and downtown Halifax.

JEFF HARPER/METRO



## CAMPAIGN TRAIL

### Health-care 'crisis' the decider: Tories

Nova Scotia's Tory leader is framing the provincial election as a referendum on health care, but his main opponents say his party's policies lack the substance to win on that terrain.

Jamie Baillie was greeted by cheers as he took the stage at an event in Halifax Monday.

Baillie relayed stories he picked up from voters on the campaign trail about family doctor shortages, emergency room closures and prolonged wait times for mental health care. He accused Liberal Premier Stephen McNeil of sticking his head in the sand while the province's health system devolved into a state of "crisis."

Baillie said, if elected, he would reach out to the province's medical professionals and local providers to fix health care on the front lines, spend \$13.5 million to recruit more doctors to Nova Scotia and double tuition relief for practitioners working in rural and underserved areas.

Baillie's political rivals accused the Conservative leader of political grandstanding.

McNeil said a re-elected Lib-

## + CLOSE RACE

Jamie Baillie says the Progressive Conservative Party is neck-and-neck with the Liberals as voters prepare to head to the polls on May 30.

eral government would improve access to primary care by creating 70 collaborative care clinics, spending \$25 million to hire doctors and specialists and expanding tuition relief for medical professionals in communities across Nova Scotia.

Meanwhile, the New Democrats say health care has been their party's top priority since the first day of the campaign.

"Baillie's sudden attention on health care is just another example of his 'photo bombing' style to politics," the party said in a statement.

Leader Gary Burrill said Monday that the NDP is the only party willing to make the \$120-million investment to provide every Nova Scotian with access to primary care.

THE CANADIAN PRESS

## SEXUAL ASSAULT

### Parties accused of 'playing politics'

Nova Scotia's Liberal and Tory parties are pointing fingers at one another for "playing politics" with sexual assault.

Progressive Conservative leader Jamie Baillie says the Liberal government misled the public when it committed to hiring two special prosecutors to handle sexual assault cases.

The Tories claim an April letter from Nova Scotia's public prosecution service revealed that the Crown hires would provide training about sexual assault cases rather than fighting them in court.

Baillie characterized the move as a politically motivated bait-and-switch that will further diminish victims' faith in the justice system.

The Liberals say the special prosecutors will carry case-loads in addition to supporting other lawyers' cases and offering expertise throughout the courts.

Liberal leader Stephen McNeil accused Baillie of exploiting the issue of sexual assault for political gain and called the ploy "offensive."

THE CANADIAN PRESS

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## JUSTICE

## Abella takes aim at 'narcissistic populism'

One of Canada's top judges has made an impassioned plea to the graduating class of law students at an American university to stand against injustice fuelled by "narcissistic populism."

In a speech that took aim at the actions and words of the sitting U.S. president, Supreme Court Justice Rosalie Abella did not once utter the name of Donald Trump. Yet Trump's feuds with American judges who have halted his planned travel bans from predominantly Muslim

countries, the ongoing fallout from his firing of former FBI director James Comey, and his populist policies ran through Abella's keynote address at a graduation ceremony Sunday. Abella told the graduating class at Brandeis University, west of Boston, Mass., that she has become worried about the state of justice in the world decades after the Second World War. After the war, countries com-



Rosalie Abella  
CANADIAN PRESS

mitted themselves to the "promotion and protection of values designed to prevent a repetition of the war's unimaginable human rights abuses," she said.

Abella said that commitment has been "shattered by narcissistic populism, an unhealthy tolerance for intolerance, a cavalier indifference to equality, a deliberate amnesia about the instruments and values of democracy

that are no less crucial than elections and a shocking disrespect for the borders between power and its independent adjudicators like the press and the courts."

The honorary degree was the latest in a string of honours for Abella, who was named global jurist of the year by the law school at Northwestern University in Chicago, Ill., in January, and last year became the first Canadian woman to receive an honorary degree from Yale University. THE CANADIAN PRESS



Residents sit in a truck after the government implemented evacuations at Barangay Matnog, Daraga, in the Philippines on Dec. 25, 2016, due to an approaching typhoon. Climate change is being blamed for extreme weather conditions. GETTY IMAGES

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# Litigating the climate

## ENVIRONMENT

## Companies, governments may be sued for inaction

Eight hundred million dollars: That's the potential price tag of the rising ocean in Vancouver. The city needs a new storm surge barrier to stop flooding if, according to municipal planners, sea levels climb by one metre this century due to climate change.

When discussing this scenario last fall, Vancouver Mayor Gregor Robertson said something that made Andrew Gage perk up and listen from his law office in Victoria. "There are direct costs to our taxpayers, but this is not an act of God," Robertson reportedly said. "This is tied directly to human activity."

Translation for Gage: Maybe it's not just Tracy and Tom Taxpayer who should be on the hook for the new storm barrier. Maybe whoever is to blame for the rising ocean should fork over some cash. That's the idea behind an emerging front in the battle against climate change. And environmental groups and legal teams around the world are looking to the courtroom as their theatre of war. The term for it is "climate change litigation." The legal field is in its infancy, but many feel it will inevitably make an impact, given the estimated costs of new infrastructure and

economic disturbances expected from climate change. A 2012 report from the Climate Vulnerable Forum pins the global cost at \$1.2 trillion in 2010, a figure they predict will quadruple by 2030.

In March, Policy Horizons Canada, a government department that predicts possible challenges for the public service in the coming 10 to 15 years, published a paper in April that warned of future court challenges over climate change. The paper outlines how large emitters like oil and gas companies, as well as governments, could be taken to court over alleged inaction on climate change.

In a statement, a spokesperson for the federal environment ministry said the government wouldn't speculate on hypothetical legal matters. However, the statement said that a government roundtable predicted in 2011 that the economic impact of climate change on Canada could reach \$5 billion per year by 2020 and between \$21 billion and \$43 billion per year by 2050.

Climate litigation is happening in other parts of the world. One of the most frequently cited cases involved an environmental group, Urgenda, which took the Netherlands to court over its allegedly lacklustre emissions reduction targets. In 2015, a Dutch court ruled in favour of Urgenda and found that the government must do more to curb emissions because of "its duty of care to protect and improve the living environment." TORSTAR NEWS SERVICE

### IN BRIEF

#### Trump top of mind for Trudeau, world leaders

Prime Minister Justin Trudeau heads to Europe for the NATO and G7 summits, where global leaders are trying to figure out exactly how the world works now that U.S. President Donald Trump is at

the table. "Predicting what this president does would be virtually impossible," said David Perry, an analyst with the Canadian Global Affairs Institute. "Fireworks would be the baseline expectation of some sort."

THE ASSOCIATED PRESS



# Police treat concert blast as terror attack

## INVESTIGATION

### At least 19 dead in Manchester, 50 injured

An explosion struck an Ariana Grande concert in northern England late Monday, killing at least 19 people and injuring dozens in what police say they are treating as a terrorist attack.

Greater Manchester Police said 19 people were confirmed dead and roughly 50 were injured by the explosion at Manchester Arena. Emergency vehicles were helping the injured and bomb disposal

units were later seen outside the venue.

There was mass panic after the explosion at the end of the concert, which was part of Grande's The Dangerous Woman Tour. The singer was not injured, according to a representative.

Britain's terrorist threat level has been set at "severe" in recent years indicating an attack is highly likely. Police said the explosion is being judged a terrorist attack unless new information proves otherwise.

Witnesses reported hearing two loud bangs coming from near the arena's bars at about 10:35 p.m. but there were few further details.

## TRUDEAU REACTS

PM Justin Trudeau said Canadians "are shocked by the news of the horrific attack in Manchester." On Twitter, he asked Canadians to "keep the victims & their families in your thoughts."

THE CANADIAN PRESS

"A huge bomb-like bang went off that hugely panicked everyone and we were all trying to flee the arena," concertgoer Majid Khan, 22, told Britain's Press Association. "It was one bang and essentially everyone

from the other side of the arena where the bang was heard from suddenly came running towards us as they were trying to exit."

Added Oliver Jones, 17: "The bang echoed around the foyer of the arena and people started to run."

Video from inside the arena showed concertgoers screaming as they made their way out amid a sea of pink balloons.

The British government is expected to call an emergency Cabinet meeting.

Joseph Carozza, a representative from Grande's U.S. record label, said the singer is OK and they are investigating what happened. THE ASSOCIATED PRESS



The explosion struck Monday evening at England's Manchester Arena, where Ariana Grande had performed. The performer was not injured. GETTY IMAGES

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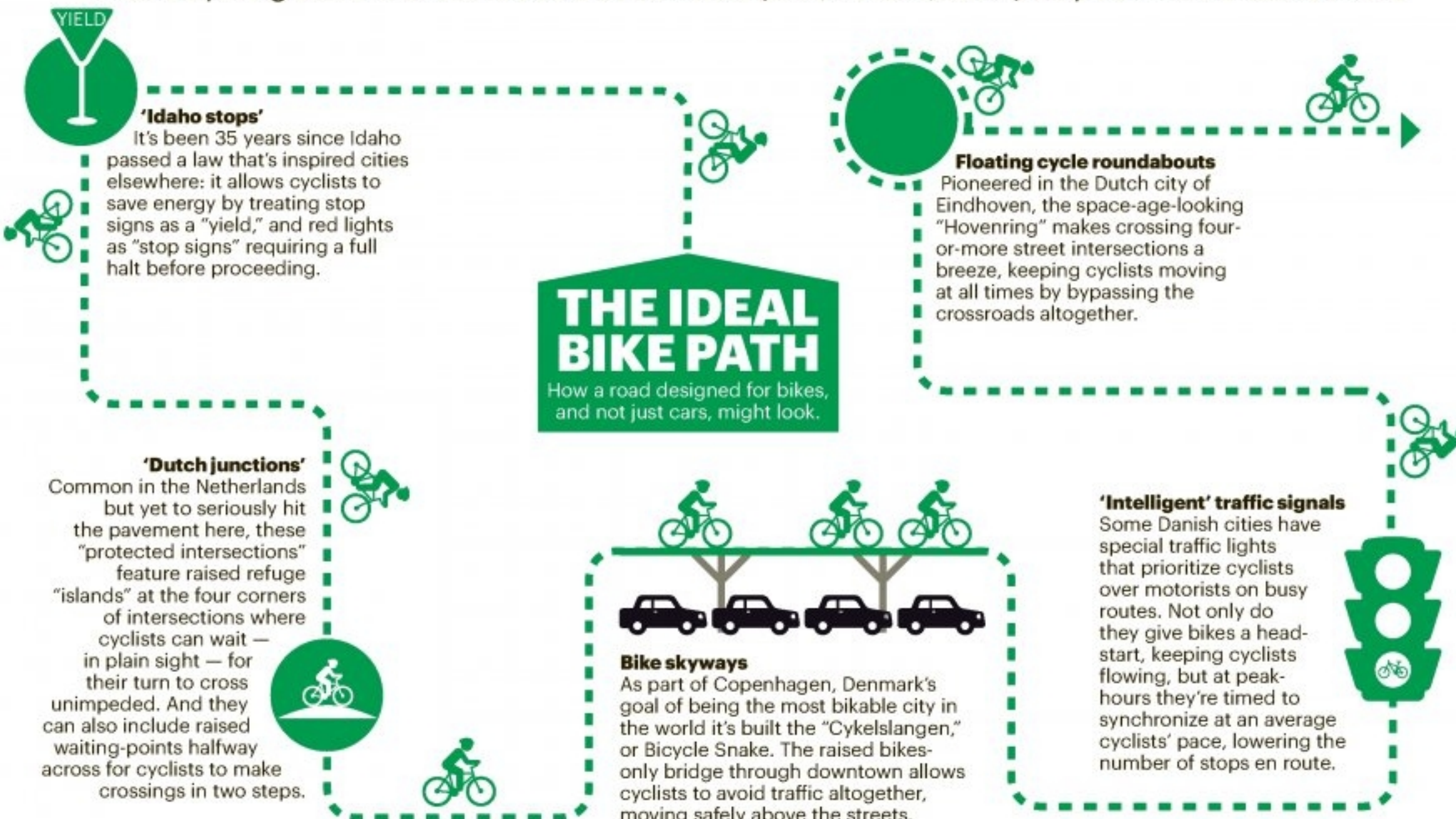
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BLUEPRINT by David P. Ball/Metro

## Reframing the road

Bike Month is upon us in much of the country, the perfect time for Canada's cities to put their "bike pedal" to the metal — and shift gears to improve cycling. Unlike many of their European counterparts, Canadian city plans often relegate bikers to second-class commuters. But there's no lack of fixes to move cycling from overlooked to a celebrated (and, in turn, safer) way to move around town.



### PUBLIC WORKS The week in urbanism



#### ON THE LINE

Cycling advocates in San Francisco are putting their bodies on the line to protect one another. Twice this month, dozens of people donned yellow shirts and held hands to form a human chain to separate the bike lanes from vehicle traffic.

#### ACROSS THE SEA

A shipping container filled with Dutch bikes is making its way from Europe to Winnipeg to promote cycling in Canada. The Plain Bicycle project arranged to bring 140 used bikes — and their spirit — to our shores.

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**JOHANNA SCHNELLER WHAT I'M WATCHING**

## Why did nobody say anything?

**THE SHOW:** Mommy Dead and Dearest, HBO  
**THE MOMENT:** Dee Dee's parents

So far in this harrowing documentary, we've learned that, for years, Dee Dee Blanchard, perhaps suffering Munchausen by proxy syndrome, kept her daughter Gypsy Rose ill (by force-feeding her medications) and in a wheelchair, though she could walk; and that Gypsy and a boyfriend murdered her.

We meet Claude Pitre, Dee Dee's dad, and his second wife, Laura. They sit on chairs in their house, a riot of knick-knacks. They speak in thick Cajun accents.

"Dee Dee was a filthy person," Laura says. "If it didn't go her way she'd see to it that you would pay." Dee Dee once poisoned Laura by putting Round-

up in her food, they say.

Then we meet Gypsy's cousin, a tattooed biker who says: "I figured one day Dee Dee would piss off somebody" and be killed. "I thought it would probably be Gypsy."

If this has you screaming "So why didn't you help?", just wait until you hear from her legion of doctors. They all have their reasons for hurrying Gypsy along, for missing what was right in front of them. Many feel terrible regret. But no one protected this girl; that's the message director Erin Lee Carr communicates loud and clear.

True crime docs need lurid details and this one has plenty: the strangeness of Dee Dee's syndrome; the pathos of Gypsy's romantic fantasies. But the best ones show us the consequences when we fail one another. If



Gypsy Rose and Dee Dee Blanchard, the subjects of harrowing documentary Mommy Dead and Dearest. CONTRIBUTED

you see something, please say something.

Mommy Dead and Dearest airs on HBO Canada from June 1 and is available on demand.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

**BILL COSBY TRIAL**

## Race, gender, fame all Cosby jury issues

One-third of the potential jurors questioned in Bill Cosby's sex assault case Monday said they've formed opinions about his guilt or innocence, and 35 of the 100 people questioned said they or a family member or close friend has been the victim of a sexual assault.

Jurors are being selected this week in Pittsburgh for the trial that begins June 5.

The judge hopes to shield jurors from the worldwide publicity of the case, but initial questioning Monday suggested it may take some time to find an unbiased jury.

"No one should make an effort to be on this jury, and no one should make an effort to not be on this jury," judge Steven T. O'Neill told the group.

The trial will take place in Norristown in Montgomery County, where Cosby invited Andrea Con-

stand to his home in 2004. She said she went seeking career advice, and that Cosby gave her wine and pills that put her in a stupor before molesting her on his couch. Cosby, in sworn testimony, said he put his hand down her pants, but that she did not protest.

The judge plans to bring 100 potential jurors to the courthouse each day this week until a dozen jurors and six alternates are found. The first group included 53 women and 47 men, and 16 people of colour.

In answering questions, 34 said they had formed an opinion about Cosby's guilt or innocence; 25 said they would have trouble being fair because of the nature of the charges; and 14 said they had a preconceived notion that would prevent them from deciding the case fairly.

THE ASSOCIATED PRESS

### Mir

#### Domestic Medium Hair

Mir is a big cat who happens to be overweight at this time. She is an expressive girl with a lot of personality. You may be treated to a big instant purr as soon as you go to see her. She loves to receive cuddles, especially around her face and head. She may express her playfulness with a little bite, so she should not go to a home with small children. She also needs to be the only pet in the household, and she is ready to be the centre of attention. She is estimated to be seven years old and her adoption fee has been reduced.



For more information on Mir and other adoptable furry friends, visit [www.spcans.ca/dartmouthshelter](http://www.spcans.ca/dartmouthshelter) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [dartmouth@spcans.ca](mailto:dartmouth@spcans.ca)

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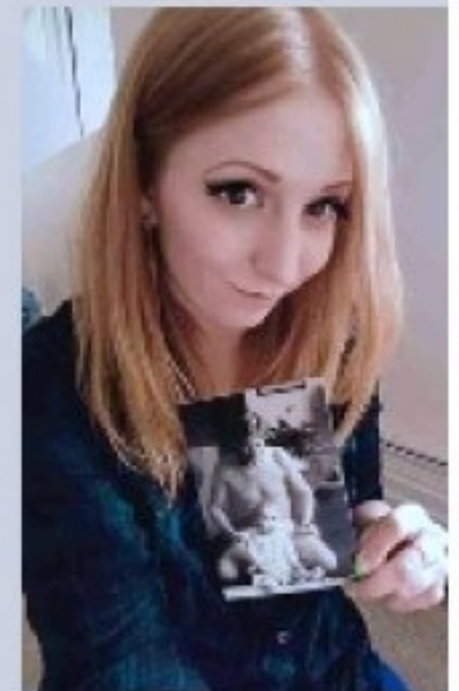
## PLAID FOR DAD metro focus on prostate cancer

# “That fight was finally over

**Megan Skead, 25, lives in Edmonton. Her father died of prostate cancer.**

“The mourning process pretty much started the day that he was diagnosed. And then it was almost a relief when he passed away, because the amount of pain that he was in, and that struggle and that fight, was finally over for him.

I guess the biggest thing that changed since that was just, you know, you don't take life as much for granted. And I'm very thankful for the family that I do have still, because they are the rock in my life. So, it definitely made me a lot more appreciative of the relationships that I have, and not to squander those or



let them just pass by. Because you really don't know how long you may or may not have.”

AS TOLD TO TAMAR HARRIS, FOR METRO CANADA

# 21,600

in 2016, an estimated 21,600 Canadian men were diagnosed with prostate cancer.

Source: Canadian Cancer Society, 2016

June 16 is **Plaid for Dad Day** in Canada. Each Tuesday leading up to Father's Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit [plaidfordad.ca](http://plaidfordad.ca).



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## DALPLEX





# Only the best barley for these brews

## BREWING

### Craft beer goes old school with heritage crop

Owen Roberts  
Urban Cowboy



Ontario craft beer is taking a huge step forward, by taking a 100-year step backward. Here, a storied, century-old Canadian heritage barley variety called OAC 21 is being reintroduced, especially for the craft beer market.

OAC stands for Ontario Agricultural College. The number 21 refers to this barley's row number in the research plot cultivated in 1903 at Guelph by Canadian crop breeding icon Dr. Charles Zavitz.

OAC 21 is ideal for small, specialized batches of craft beer, and for Ontario's particularly humid climate that roughs up cereal crops like barley.

"This is the first step toward revitalizing and re-establishing a viable malting barley production and processing industry in Ontario and Eastern Canada," says University of Guelph plant breeder Duane Falk, who has been pivotal to OAC 21's reintroduction.

Here's what's happening: as competition heats up, craft beer breweries are working harder to distinguish themselves and their products. Beer names have become clever and hip (see poll). And truly local ingredients — water, yeast, hops, and malted barley — are in high demand.

Brewers get even more excited about ingredients from heritage varieties. These are heirloom cultivars that faded



OAC 21 was once the industry standard malting barley. SIAN RICHARDS/FOR METRO

## FARM poll

### Take our poll

Craft beers must have a catchy name. Tell us what your favourite is at [metronews.ca](http://metronews.ca)

into the sunset, usually because plant breeders like Falk developed better varieties (Falk himself has developed 51 different varieties).

But back in the day, these varieties had something unique that made them stand out.

For example, as plant breeder Zavitz discovered in the early 1900s, OAC 21 was more resistant than other barleys to nasty leaf and root diseases like powdery mildew, leaf rust, net blotch, spot blotch, and root rot.

These qualities allowed it to produce better-quality grain than other barleys in its day.

So, Zavitz selected it for

further development. And after considerable testing, OAC 21 was made available to farmers in 1910.

It turns out Zavitz picked a winner. Within two years, 98 per cent of Ontario farmers were growing it.

For the next 40 years, OAC 21 became the industry standard across Canada for barley used for beer production, called malting barley.

Eventually, time caught up with it, like it does with many plant varieties (they typically have a lifespan of about 10 years).

The country's population and beer intake was growing, and more productive varieties were needed to satisfy beer giants' increasing need for volume.

Now, fast-forward to 2017. Today's craft beer brewers aren't giants, and don't have the same needs for volume.

Their relatively small batches use only a fraction of the barley used by big companies.

As a result, they are quite happy with lower-yielding malting barley that grows well here and resists diseases.

Even better if it's a heritage variety, like OAC 21.

This spring, a field of OAC 21 is being grown in dry, warm, and sunny Alberta. That acreage is expected to provide brewers with enough OAC 21 malt to meet much of the demand in Ontario next year.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

**STANDING OUT**  
Breweries like Muddy York Brewing Co. are all about heritage. The company's tag line is "taste the past"



Duane Falk (right), accompanied by Muddy York Brewing Co. founder Jeff Manol. SIAN RICHARDS/FOR METRO



## THE FUTURE of FARMING

### Nature's wet blanket

Humidity creates conditions in grain like barley that are ideal for plant fungus, molds, mildews, and bacterial infections. Think about what happens in your home if humidity builds up. Stubbish fungus and mould take hold. Because of the Great Lakes, farmers' fields in Ontario are subject to similar problems.

### Craft beer is everywhere

Ontario now has a whopping 180 craft beer breweries. Another 50 are in the works. Thirty brew pubs have opened. In recent years, craft beer has been the fastest-growing segment within the LCBO's beer category, up 20-30 per cent a year. The annual economic impact in Ontario of the craft beer sector is at least \$600 million.



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**THIS COMMUNITY IS MY FAMILY.**

— Gerald Mitchell

there helping our clients beyond the hammer and nails type of tasks because we get it."

Whether you have changes to make to your current home, or are considering building or buying something brand new, Gerald Mitchell Contracting can help. They understand when you are choosing a home, you are also choosing

a lifestyle and a community, and you are putting all those pieces together.

"I grew up in Fall River, we raised our family here, and now Jerry and his family are putting their roots down here as well," says Gerald. "I'm very happy to base our business here. This community is my family, we've built many homes in Fall River and will be building in the area for years to come."

Everything you need to get started planning your next step for your home can be found in Fall River at Gerald Mitchell Contracting's design centre or online at gmhomes.ca.

## GARDEN CENTRE BLOOMING WITH VIBRANT COLOURS

With a love of all things green — and every other colour — the husband-and-wife-team Ken and Susan Mosher have grown Oceanview Garden Centre to the vibrant place it is today.

Ken and Susan are both horticulturalists who are very dedicated to the business.

"Our focus has always been and always will be on quality of products and services," said Susan. "Most people are blown away by the size and selection the first time they come in."

Customers who think plants are the only products for sale are shocked by the beautiful

giftware section, ladies clothing, pottery and all the garden accessories.

Oceanview is a full-service landscape company and garden centre; they offer award winning landscape design, construction and maintenance. Check out the large selections of trees, shrubs, perennials, annuals/hanging baskets, ready made patio containers, vegetable transplants, herbs and so much more. They even sell local preserves and ice cream.

This year the experts at Oceanview have tripled their perennial section so you'll find

the ones you love and more unique plants as well.

"It is our goal that every customer leave feeling that they had a positive experience," Susan said. "We stock the store with as many bright coloured products as possible because we want people to feel happy while they shop."

The entire Oceanview team is pleasant, approachable and willing to go that extra mile to help you find the perfect additions for your garden or the perfect gift.



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# TOP 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

## Singled out

### MUSIC

### Grooving to the 20 most Canadian songs, eh?

Rhonda Riche

Canadian musicians have been topping the charts worldwide since Guy Lombardi in the big band era. These 20 singles weren't just hits, they also represented Canadian culture to the wider world — and to their fellow Canucks.

**1 "American Woman" by the Guess Who**  
A rock anthem for Canadians who define themselves as "not American."

**2 "Call Me Maybe" by Carly Rae Jepsen**  
The singer placed third on Canadian Idol in 2007 and then went on to release the best-selling single worldwide in 2012. Call me, maybe? Such a Canadian pickup line.

**3 "Canada" by Bobby Gimby**  
This jingoistic jingle was released to commemorate Canada's 100th birthday in 1967.

**4 "50 Mission Cap" by The Tragically Hip**  
Maple Leafs, hockey cards and the Hip themselves, of course, are about as Canadian as it gets.



TORSTAR NEWS SERVICE

**5 "Helpless" by Neil Young**  
Neil sets the stage from the haunting opening line: "There is a town in North Ontario/ With dream comfort memory to spare."

**6 "If I Had a Million Dollars" by Barenaked Ladies**  
The tune references Kraft Dinner. 'Nuff said.

**7 "I Just Want to Stop" by Gino Vanelli**  
"When I think about those nights in Montreal" is one of the sexier opening lyrics in pop history.

**8 "Mushaboom" by Feist**  
Ever wondered what a Mushaboom is? Well, it's a town in Nova Scotia.



Somali-Canadian star K'naan had a worldwide hit with the song "Waving Flag," which was used as a charity single after a devastating earthquake in Haiti in 2010. TORSTAR FILE PHOTO

**9 "Northern Touch" by Rascalz (featuring Checkmate, Cardinal Offishall, Thrust and Choclaire)**

A summit of the most influential MCs from across the country, this track celebrated Canada's unique hip-hop scene, paving a path for future stars like the Weeknd and A Tribe Called Red.

**10 "Northwest Passage" by Stan Rogers**

The history of early explorers searching for a route across Canada, sung a cappella.

**11 "Raised on Robbery" by Joni Mitchell**

More Maple Leafs. More tales of woe.

**12 "Seasons in the Sun" by Terry Jacks**

An English-language version of Jacques Brel's "Le Moribund," this track is one of the

fewer than 40 singles to have sold more than 10 million copies worldwide. Thanks to Can Con regulations, it's still heard in heavy rotation on oldies radio.

**13 "Snowbird" by Anne Murray**

Canadian folkie Gene MacLellan's most famous song has been recorded by many, but Murray's pure and effortless vocals make this version the best.

**14 "Sorry" by Justin Bieber**

There's nothing more Canadian than a Canadian apologizing.



TORSTAR NEWS SERVICE

**15 "Spirit of Radio" by Rush**

An Eighties-era homage to Toronto indie radio station CFNY.

**16 "Started from the Bottom" by Drake**

Aubrey Graham's origin story. The video features Drake working at Shopers Drug Mart.



GETTY IMAGES

**17 "Tshinanu" by Kashtin**

A surprise worldwide hit from folk duo Claude McKenzie and Florent Vol-

lant, sung in their native Innu-aimun language.

**18 "Underwhelmed" by Sloan**

Instrumental in building the 1990s Halifax music scene, Sloan are also known for clever wordplay. This song references the Nova Scotia Liquor Corporation.

**19 "Waving Flag" by K'naan**

This tune by Somali-Canadian K'naan has had many lives: first as a song of hope for Somalia, then as a Canadian fundraiser for the 2010 Haitian earthquake relief efforts, then as a promo for FIFA. It's so anthemic that there's even a book about it.

**20 "Wreck of the Edmund Fitzgerald" by Gordon Lightfoot**

The legend lives on from the Chippewa on down of this epic tale of the sinking of a Great Lakes freighter.

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THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.



## MAKE IT TODAY

## Generous Banana and Coconut Smoothie Bowl



PHOTO: MAYA VISNTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

If you love a smoothie but miss the action of "eating" something, then a smoothie bowl with its cereal-like feel and generous toppings is where it's at for your breakfast.

## Ready in 10 minutes

Prep time: 5 minutes  
Makes: 2 servings

## Ingredients

- 1/2 cup milk or coconut milk
- 1 cup plain Greek yogurt
- 2 frozen bananas (you know to peel them before you put them in the freezer, right?)
- 2 tsp coconut oil
- a couple scrapes of lime zest

## Optional toppings

- Sprinkling ground chia
- Sprinkling flax seed meal
- 1 Tbsp of muesli
- 2 Tbsp pomegranate seeds
- sunflower seeds
- apple slices
- blueberries
- oats

## Directions

1. Place the milk, yogurt, bananas and coconut oil and lime zest in a blender. Whiz until smooth. Pour into a bowl and sprinkle with your favourite toppings. Serve.

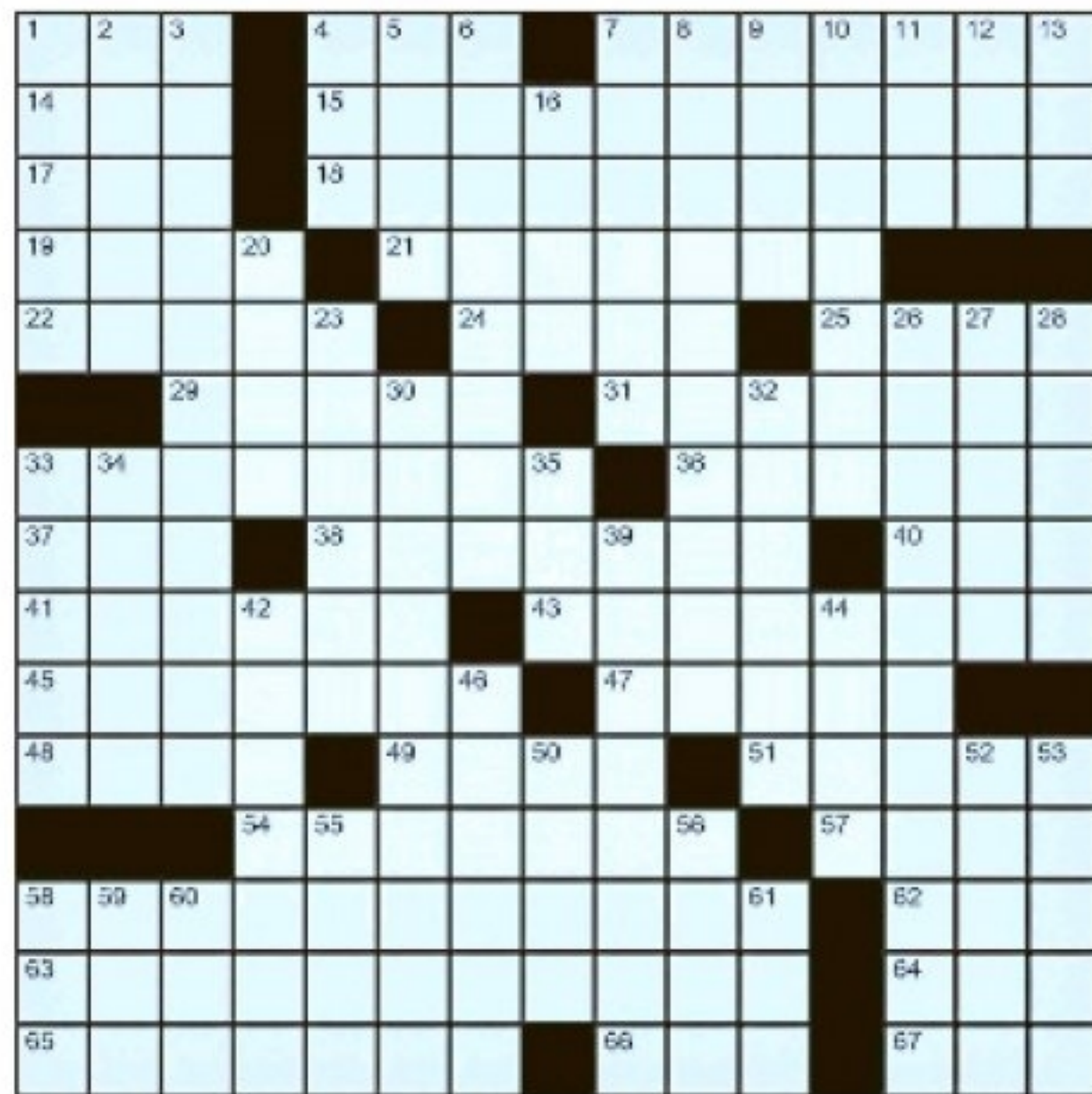
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Summer hrs. in Alberta
4. RKO competitor
7. Anne Shirley's sweet-heart Mr. Blythe
14. Bungle
15. Where Hogwarts students go to buy supplies: 2 wds.
17. King: French
18. Transmitter of #33-Across: acr. + wd. + wd.
19. "Fame" character
21. 'Anti', 'Pre' and 'Pro' suffixes
22. Matinee stars
24. Ladies
25. Ancient promenade
29. Mikhail Gorbachev's late wife
31. Those saying "Ditto."
33. As per #18-Across... Randy Bachman's \_ \_ (The Canadian rock star's superb songs-spinning show)
36. Outfit the boat with a new sail-support
37. Beverage brrrrr-er
38. Dis-occupied the premises
40. "Help \_ \_ think I'm falling..." - Joni Mitchell
41. Fashion designer Pierre
43. Michelle Pfeiffer's DC Comics movie role
45. Green
47. Ms. Knightley
48. Jon of NBC's "Chicago P.D."
49. Informality



51. Astonished sounds
54. Fox's characteristic
57. Hightail it
58. The \_ \_ : The Quest for the North West Passage and the North Pole, 1818 - 1909 (Pierre Berton book)

62. It means 'Ear'
63. Khao Man Kai and Chim Chum are dishes in it: 2 wds.
64. Baking amt.
65. Notion
66. Belonging to Minneapolis' li'l state
67. Princesses Beatrice and Eugenie's mum's

initials-sharers

## DOWN

1. " \_ \_ beaucoup!"
2. Dickensian character Edwin
3. Like a Vicks cough drop's shape
4. Gladiator's 1600
5. Bee Gees sur-

name

6. Canadian fiddler Ashley
7. Beard style
8. Not divisible
9. Secular
10. Flower
11. Bitty Brit band
12. Stimp's pal
13. Nautical rope

16. David of "Rhoda"
20. Oil of \_
23. Nissan car model
26. Sports in Canada... Harvey the Hound and Leo the Lion: 2 wds.
27. By land \_ \_ (Explorer's travel options)
28. John of "The Adams Family"
30. 2017 marks this coveted trophy's 125th anniversary: 2 wds.
32. Owl for Harry Potter
33. Smoking and gambling, for some
34. 'Venì' meaning in Julius Caesar's boast: 2 wds.
35. \_ -Man
39. Prepares to release the arrow: 2 wds.
42. Radical, as measures
44. Komodo dragons
46. "Darn!": 2 wds.
50. Li'l religious addresses
52. Fall guy
53. Ceases
55. Particular parasites
56. \_ Fein (Irish republican party)
58. Airport tower [acronym]
59. Pi's follower
60. Tin
61. Abitibi article

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
This is a busy, fast-paced time for you, which is why all your communications with others are in rapid staccato delivery. This is a good day to shop for wardrobe items.

**Taurus** April 21 - May 21  
The Moon is in your sign today, lining up with chatty Mercury. This makes you talkative and eager to begin things. Any new venture will appeal to you.

**Gemini** May 22 - June 21  
This is a vigorous time for you, with the Sun and Mars in your sign. Ideally, you should get more physical exercise to blow off any pent-up steam.

**Cancer** June 22 - July 23  
A discussion with a female acquaintance or friend will be significant today. It appears as though someone wants your creative input or advice about something.

**Leo** July 24 - Aug. 23  
Others might notice you today; it's quite likely because you have something to say. You might make an announcement or even be elected to head a group or club.

**Virgo** Aug. 24 - Sept. 23  
Because you hunger for change and stimulation today, try to do something different. Travel, if possible. Visit someplace you've never been before — a store, restaurant or neighborhood.

**Libra** Sept. 24 - Oct. 23  
Discussions about shared property, taxes, debt and anything that you own jointly with others will be significant today. Fortunately, with Venus opposite your sign, relationships with others are smooth.

**Scorpio** Oct. 24 - Nov. 22  
This is a chatty day! Quite likely, you will attract someone who has a lot to say. Disputes about shared property and inheritances continue.

**Sagittarius** Nov. 23 - Dec. 21  
Remember to get more sleep during this time, because you need it. Today you will focus on doing anything that makes you feel better organized. This includes dealing with a pet.

**Capricorn** Dec. 22 - Jan. 20  
You're in a playful, prankish mood today, even though work still is your top priority. Take a long lunch. Enjoy sports and playful activities with children.

**Aquarius** Jan. 21 - Feb. 19  
A discussion with a family member might be important today. This is a good time to focus on home repairs or discussing family plans.

**Pisces** Feb. 20 - March 20  
During discussions with others today, you want to get right down to the nittygritty. You won't be interested in superficial chitchat.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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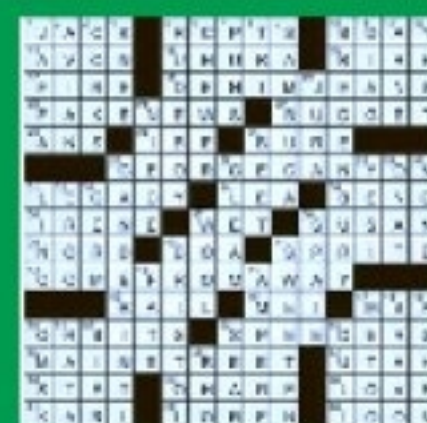
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2017 DODGE

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3.6L V6, SXT - STOW N' GO

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**ON THE ROAD!**

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**JOURNEY**

3.6L V6, SXT LTD - 7 PASSENGER

SAVE \$3,000 - 0% AVAILABLE

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### UPGRADE OPTIONS:

**\$23 Bi-Weekly**

- Heated Steering Wheel
- Heated Seats
- Rearview Camera

**\$129\*** AT **0%**

BI-WEEKLY  
FINANCE

**ALL-IN PAYMENTS**

### UPGRADE OPTIONS:

**\$13 Bi-Weekly**

- Navigation
- Push Button Start

## 2017 TUCSON SE AWD

**\$168\***

BI-WEEKLY  
FINANCE

**ALL-IN  
PAYMENTS**

UP TO  
**\$2,500**  
OFF!



- ☒ Front/Rear Heated Leather Seats
- ☒ Heated Steering Wheel
- ☒ Panoramic Sunroof
- ☒ Blind Spot Detection

## 2017 Santa Fe AWD

**\$175\***

BI-WEEKLY  
FINANCE

**ALL-IN  
PAYMENTS**

UP TO  
**\$5,000**  
OFF!



- ☒ Front/Rear Heated Seats
- ☒ Heated Steering Wheel
- ☒ Blind Spot Detection
- ☒ Parking Sensors

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